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Peaks Island Star : March 2005, Vol. 25, Issue 3

Service Agencies of the Island

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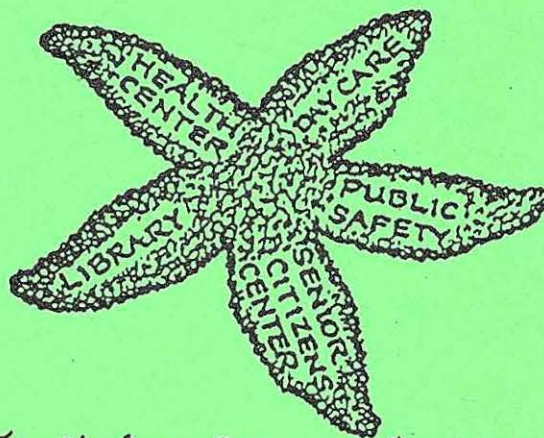
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Peaks Island STAR



Newsletter of the Island's Service Agencies & other Community News

MARCH 2005

VOLUME 25

ISSUE 3

SENIOR HOUSING UPDATE

At the meeting with VOA at the Community Center on February 22, Islanders learned that thus far, 22 people have indicated interest in the eleven senior housing units at the new facility. The building is scheduled for completion by May 15, and applications will be mailed out on MARCH 15. The completed applications may be mailed, sent FED-EX, or taken personally, to Volunteers of America, 14 Maine Street Suite 205, Brunswick, ME 04011. The first ones received will be the first to be processed.

You will automatically receive an application if you have already put your name on VOA's list. If you are interested, or think you may be interested, or have a friend or relative who may be interested, call "Renee" at VOA, at 373-1140, or 1-800-639-4149. She will send you the packet of information which was handed out at the 2/22 meeting. It will answer many of your questions.

There are only two basic criteria for housing residents:

AGE CRITERIA: Applicants must be 62 years or older and the head of the household.

INCOME CRITERIA: Not to exceed \$22,550 for individuals.

Not to exceed \$25,750 for two people.

Peaks Island Land Preserve

The Land Preserve has two exciting events coming up in April. The first is a Tree Identification Walk with City Arborist Jeff Tarling. We will walk through the natural lands on Peaks Island and learn about the various trees and shrubs that grow on here and how to identify them. The walk will take place on Saturday, April 9th at 1pm. We will meet at the former gravel pit at the end of Upper A Street. Please wear hiking shoes or other appropriate footwear.

The second event is a Data Collection Day. This will take place on Saturday April 16th at 9am. The rain date is scheduled for April 23rd. The meeting place will be announced in the April STAR. Volunteers will be trained as a group in basic forest measuring techniques. After the training, volunteers will be sent out in groups to other properties on the island. Each group will have at least one experienced member of the Land Preserve to help answer any questions. Children are welcome, but keep in mind that we'll be out for a few hours, and it could be cold. If you have questions, call Michele Tranes at 766-3014. We hope to see you there!



PEAKS ISLAND BAPTIST CHURCH

P.O. Box 4
Peaks Island, Me 04108
207-797-0257
bboyle@gbc.to

Pastor: Rev. Beau Boyle
Sunday School: 10:15 AM
Sunday Worship: 11:00 AM
Wednesday Teen Night: 6:00 PM
Prayer: 8:00 PM
Location: 235 Pleasant Ave.

Praise God we're one step closer to spring! However winter has been very good to us. We have enjoyed the different visitors to our church this winter and have really been blessed to develop some wonderful relationships with a number of islanders. Super Bowl Sunday was a great time of fellowship. We enjoyed an all you can eat buffet courtesy of our faithful brethren and watched the game on an 8-foot by 8-foot projection! It was great! Recently The Lord has blessed by allowing us to develop a food ministry. We get tremendous joy from cooking and delivering meals to families on Peaks. If you are in need of some home cooked meals or if you know a family in need, please contact us and give us the privilege to help. Thanks to Grace Baptist Church of Portland, they have provided us with a pool table and an air hockey table. These have proven to be a real blessing to our teens on Wednesday nights. Can I encourage you to visit us during our services if you haven't already? Our philosophy is simple: we believe the Bible, we teach the Bible and we do the best we can to live our lives according to it. May God bless you and your families.

VOLUNTEER ISLAND TRANSPORTATION

The volunteer island taxi service is available for all islanders. If you need a ride anywhere on the island, please call the volunteer listed for the day you need a lift. It's best to call a day or so before, if possible. The drivers may not be at home when you call. Most have answering machines, however, so you can leave a message. We do the best we can! The usual hours are Tuesday through Friday daytime hours (excluding major holidays).

Date	Driver(s)	Phone	Date	Driver(s)	Phone
Tue. 3/1	George Rosol	0059	Thur. 3/17	Carol Warner	0022
Wed. 3/2	Roy Mottla	5837	Fri. 3/18	Peg Astarita	5997
Thur. 3/3	Judy Plawlock	2109	Tue. 3/22	Ron Shaw	3394
Fri. 3/4	Monica Stevenson	2010	Wed. 3/23	Jeanne Hayman	2742
Tue. 3/8	Bob & Clare Cary	5548	Thur. 3/24	Mitch Bucciarelli	450-7904
Wed. 3/9	Chris Hoppin	2593	Fri. 3/25	George Rosol	0059
Thur. 3/10	Howard Pedlikin	0067	Tue. 3/29	Roxanne Marks	0066
Fri. 3/11	Mere Roberts	5819	Wed. 3/30	Marcie Appel	5071
Tue. 3/15	Jamie & Marty Braun	9726	Thur. 3/31	Claire & Monique	2220
Wed. 3/16	Larry Blake	2360	Fri. 4/1	John Erdman	5797

Substitute driver for March is Marianne Jaffe at 0088.

To serve as a volunteer, please call Cevia Rosol at 0059 or Nancy Hall at 2514. We can always use more drivers, and it's a great way to give something to the island!

BRACKETT MEMORIAL UNITED METHODIST CHURCH

9 Church St., Peaks Island, Maine 207-766-5013 brackettmumc@yahoo.com The Rev. Casey Collins
"The white church at the top of the hill." Worship 10:00 a.m. Sunday. An island church open to all.

Mission Statement: *Called to be a caring, Christian community: worshipping, praying, witnessing, reaching out to those on the island and beyond; daring to grow and change as God calls us.*

I think it's important to re-visit the church's mission statement periodically so that church members are reminded and those who are not part of a church family realize that Brackett Church is a diverse group of people who care about others and who believe in a loving, compassionate God. A slogan used over the last couple of years for the larger United Methodist Church is "Open hearts, Open minds, Open doors." Brackett Church embraces that statement and tries hard to embody it.

Our Soiree, always the 2nd Friday of the month (coming up March 11) saw almost twice as many people in February as the first one did in January! What a fun time of entertainment. It's open mike night so bring along your harmonica, tap shoes or skit to share with your neighbors or just come, sit back and enjoy the evening. Donations are appreciated at the basket by the door but not a requirement. Refreshments are always delicious.

Spiritual Journeys continue on the second and fourth Sunday nights of each month at 7 p.m. where the island community gather to share their road of learning and discovering what makes up the piece beyond their physical selves. Would love to have you take part.

Easter is March 27, early this year, so please make plans to join us at Whaleback, 6 a.m. Easter morning to celebrate the risen Christ and then come to our breakfast at 8 a.m. for fellowship and good food. After breakfast, at 10 a.m. we will move to the sanctuary and give hearty alleluias, singing, praying and praising that once again Christ is risen in our hearts and in the world.

St. Christopher's Catholic Church

Father Fred Morse, Pastor **15 Central Avenue** **766-2585**

Sunday Mass is celebrated each week at 10 AM followed by fellowship in the Parish House. Please join with us!

During Lent we celebrate Mass in the Parish House on Mondays and Wednesdays at 9 AM. Please join us!

Palm Sunday March 20th will include distributing palms at the 10 AM Mass.

Holy Week Schedule All are welcome!

Holy Thursday, March 24 – Mass of the Lord's Supper at 7 PM

Good Friday, March 25 – The Lord's Passion at 7 PM

Holy Saturday, March 26 – Easter Vigil at 7 PM

Easter Sunday, March 27 - Resurrection of the Lord – Mass at 10 AM.

Confirmation classes are held on alternate Sundays from 9 to 10 AM in the Parish House. Please call the Rectory for more information.

Other Sacraments: Rite of Reconciliation: Call/ask Father Fred after Mass. For Baptism, please call the office to make arrangements. For Marriage, please call at least six months in advance.

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DEADLINE for next month's STAR: Friday, March 25, by 6 PM.

Thank you to Anonymous I and II for contributions to the STAR to cover the printing costs. And thank you to the Pedlikins for volunteering to run off this issue while our regular volunteer is away.

PINA NEWS

NEXT PEAKS ISLAND NEIGHBORHOOD ASSOCIATION MEETING:

Tuesday, March 15, 7:30 PM at the Community Center

This PINA meeting will focus on updating islanders on the progress of several island projects including, but not limited to: the gravel pit, the public restroom to be built in the corner of the island parking lot, the Neighborhood Plan, the new Health Center and the Affordable Senior Housing complex, and CERT training on the island. There will be reports from islanders serving on various committees on both Peaks and the mainland which work on issues impacting Peaks. If you serve on such a committee and would like to give a brief report, please call PINA President Joe Kane at 766-5571 to get on the agenda. If you attend the meeting there should be time to HEAR FROM YOU about your ideas and concerns.

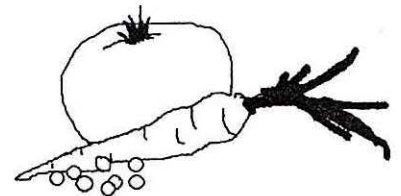
Because there was not enough time at the February PINA General Meeting to provide community members with a chance to offer final comments and suggestions on the content of the Peaks Island Neighborhood Plan, a special meeting was held on February 15 for this purpose. After revisions suggested at this meeting are incorporated into the plan, it will be submitted by PINA to the City of Portland for inclusion in its city-wide Comprehensive Plan.

ARE YOU INTERESTED IN A COMMUNITY GARDEN ON PEAKS? If so, please come to an information and organizational session on March 16 at 7:00 p.m. at the Community Center. If you cannot attend, please call Michele Tranes at 766-3014 to tell her that you are interested in the garden. We need to know how many people wish to participate.

We again call attention to the new PINA WEBSITE, www.PinalInfo.org, a source of information about past, present, and future activities of PINA and its committees. Also, two vacancies remain on the Steering Committee. Anyone wishing to run for one of the vacancies should call President Joe Kane at 766-5571.



Are you interested in a
Community Garden
on Peaks Island?



If so, please come to the information and organizational session on March 16 at 7:00 p.m. at the Community Center. If you cannot attend, please call Michele Tranes at 766-3014 to tell her that you are interested in the garden. We need to know how many people would participate. It is very important that we hear from as many people as possible, because the garden won't happen without community support. Let's make this happen!

PEAKS ISLAND HEALTH CENTER
Dr. Jeffrey Martin, Nancy Wright FNP, Sue Martin, FNP
766-2929

The Center is open on **MONDAYS AND THURSDAYS** from 8AM until after the last scheduled patient is seen. For acute illnesses, page Nancy at 741-1371. If she can't answer, call Dr. Martin's on-call provider at 892-7055. Robin Carr joins Jill to staff the center during February and March. For prescription refills, please leave us a message.

We've recently met people who were cautious about calling because they thought we were open only to "our patients". The HC is open to **ALL PEOPLE** in need of care. We are **primary care providers (PCPs)** and offer a full range of health care for Islanders and visitors from birth to death. We **draw blood for lab tests** for those who have PCPs elsewhere. We diagnose and treat those who have **acute illnesses or injuries** and, unlike many practices intown, can see people promptly as well as treat or provide support for those become ill outside of our regular office hours. We accept Medicare, Maine Care and most insurance coverage.

New Health Center and Senior Housing - If projections are correct and the weather holds, we'll be moving to our new office in early May. We will celebrate with an **Open House** as soon as we're settled. To help us prepare for the move, we're beginning to pull charts of people we haven't seen in the last 3 years. If you need any information or tests in our files and we haven't seen you since 2001, please call to let us know what information you need. Old charts will be destroyed in April.

HEALTH TIP - We heartily support and suggest that we **ALL** participate in Denise Macaronis' planned **March Into May** program. For many of us, winter greatly decreases our physical activity and any activity is helpful and healthy.

Our dental hygienist is coming Wednesday, March 23. Call Yvonne at 874-1025, Ext. 3017. Dr. Dorsey, our podiatrist will see people on the island on Wednesday, April 20. Call 761-3889 Ext. 10 for an appointment.



COMMUNITY LECTURE SERIES



"Peaks Island and the World - Living and Working Overseas"

The third installment in the Community Lecture Series 2005 will be on Friday, March 11 at 7 p.m. at the Community Center. It will be led by a group of Peaks Island residents, whose combined experiences overseas cover five continents! They will be telling their stories about growing up, living, working, or participating in the Peace Corps overseas. We will also be creating a list and map that shows Peaks Island's connections with the rest of the world. Help us make the map as complete as possible! Call Cynthia Cole at 766-5550 if you have questions or suggestions about this event.

Upcoming Lectures:

April 14	Art Astarita speaking about groundwater on Peaks Island
May 12	Scott Kelly speaking about birds in Antarctica
June 9	Val Hart speaking about Cambodia (tentative)

All lectures are held at the Community Center on the second Thursday of the month and begin at 7 p.m. unless otherwise noted. There are still five openings for lectures during the year, so if you have thought about giving a lecture or know someone else who is thinking about it, it's not too late to sign up! Call or email Michele Tranes at 766-3014 or mtranes@islandinstitute.org.

Senior News

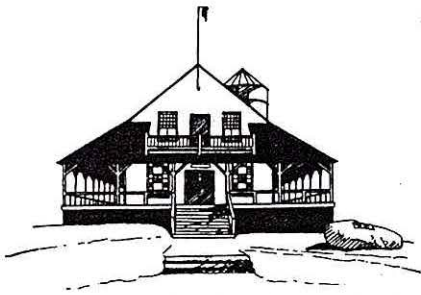
On February 14th, Valentines Day, the seniors were guests of the Peaks Island School. The seniors and children had lunch together, a good way to get to know the kids and to interact. After lunch a program was presented. The kindergartners did a dragon dance in honor of Chinese New Year. The first through third grades read about love and what it means to them. The fourth and fifth graders passed out cookies and candy. All the children passed out Valentines that they had made. The seniors had a lovely time.

The next senior pot luck lunch will be held on Monday March 14th at the Brackett Church hall at 12 noon. Hope to see you there.

STAR OF THE SEA STUDIO'S

Our Spring Program is underway. The June Show Theme is "The Ledger of Tumbleweed County". The story of the old west with lots of characters, cowboys – Bad Guys, Good Guys, Indians, Can-Can Girls...

If anyone wishes to join us, our new classes meet on Sundays. Starting at 1:00pm for the 1st class, age 3 ½ yrs to 7 yrs. 1:45pm for 8yrs thru Teens. Adults to follow. Call for times. The Month of March will be the last month to join our classes for the season. Tuition is \$18.00 per month per student. As always, family price is available. Our free family (2 students or more) scholarship is available. Call for more info, 766-2727. Riverton Studio, Portland – Wednesdays. Our Boutique is open every day except Wednesday. 11:00am to 3:00pm



FIFTH MAINE REGIMENT MUSEUM

P.O. Box 41
Peaks Island, Maine 04108

(207) 766-3330 • fifthmaine@juno.com

During these cold wintry days many islanders make good use of their fireplaces and woodstoves to warm their homes, occasionally resulting in chimney fires or worse. This brings to mind some of the disastrous fires that have occurred on the island in the past. In the evening of June 2, 1936 a blaze started on Brackett Point and, fanned by a strong southwest wind, hop scotched all the way to Elizabeth Street before being stopped. Along the way seventeen buildings were destroyed and seven others damaged. Among those lost were the Union House Hotel, the A & P store, Brackett's Restaurant, Brackett's Grocery Store, Small's Bakery, Cox's Gift Shop, and the homes of Charles Trefethen and Benjamin Randall. St. Christopher's Church was completely surrounded by burning buildings but, by some miracle, remained unscathed.

Efforts to battle the blaze were complicated by several factors – there was no pumper truck stationed on the island; the fireboat was in dry dock for repairs and could not be refloated until high tide; and the only ferry capable of bringing fire trucks to the island was berthed at the island when the fire broke out. Island firemen aided by every able-bodied person on-island fought the flames. Eventually they were assisted by a group from the Naval Reserve in Portland, Portland police, and a contingent of soldiers from the Fifth Infantry at Fort Preble in South Portland. It was determined that the fire was accidentally started by a Mrs. Jewett who was trying to burn moth nests out of her trees with an oil soaked rag. The results of Mrs. Jewett's ill-thought actions should give pause to anyone considering any kind of outdoor fire.

Peaks Island Children's Workshop
71 Herman Ave. 766-2854

23 more days till Spring- we can't wait! The snow has been great this winter for lots of outdoor activities but we can't wait for warmer weather and all our spring bulbs to start blooming. Our Knit Sale fundraiser in February was a huge success! Thank you to all that donated handmade items and thank you to all that purchased them! We also had a great time participating in the Winter Carnival with the Elementary School to raise money for Tsunami relief efforts in South Asia. There were lots of great activities and fun games. The City of Portland Dental Health staff came to visit the program and talk with the children about fun and healthy dental hygiene. The kids received new toothbrushes and got to brush the "giant" teeth for practice. Thank you to Johanna for creating cool salt paintings with preschool and also to Doug for teaching the school age group how to do scratch art. We are also looking forward to Mike, the "Pizza Guy", coming in to make homemade pizza with the children- crust and all! YUM! Summer vacation is around the corner- do you know what your child is doing? The school age Island Rover program is a great opportunity for your child; please call Colleen Mitchell at PICW for further information.

- Parent/Toddler playgroup meets on Friday from 10:15-11:00am. Come visit the center and enjoy a fun morning of play!
- Community Food Pantry: Open M-F, 7am-6pm. Please stop in or call if you are in need.
- Thank you again to all community members that donate their bottle slips at Hannigan's to our center. Your support helps to purchase new items for our program and is greatly appreciated.

Peaks Island School

Many thanks to all those students, staff, parents, PTO and community members who made the Winter Carnival for tsunami relief such a success. A combination of the Children's Workshop, Peaks Island School and PTO raised close to \$1000.00 in their efforts. We have just mailed off a check for \$600.00 and box of Peaks Island T shirts, a contribution from DownFront and our school, to a group that will deliver it to the village of Ban Thale Nork in Thailand as part of the tsunami relief. Additional relief will be donated to the Friends of India through Robin Walden. We hope to have pictures and feedback from these personal connections. We will share them with the community as they arrive.

Another connection with Thailand on a very happy note is Mr. Phoom Chinda a teacher from Thailand. We are delighted that Mr Chinda who is also called Moo will be visiting our school and island from March through June this year. Wendy Litchfield working with AFS will act as our school liaison and Linda Dillingham and Stan and Mitchell Brooks will welcome him into their home for his stay on Peaks Island. We will have more information after he arrives but meanwhile welcome him when you see him.

Spring is coming!

The PTO would like to express a huge thanks to Kathy Hanley, Gabrielle Proia, Priscilla Webster, Jane Banquer, Sue Hanley, Vanessa Sylvester, Barbara Hoppin, Linda deLaBruere, Ann Hinderer, Jamie Hogan and Sue Carlson for all of their efforts creating the Valentine Sweetheart Boxes. The red-bowed boxes sweetened the day of many admired islanders.

PEAKS PATROL

We have on this island a few potential architects and engineers who practice their craft in the form of snow fort building. Many of their creations are a credit to their ability to construct a fort that is completely protected and concealed from their friends snowball attacks. The only problem with these fortifications is their location. Public Works crews have been worried about those forts that are built in snow banks that abut the street. The snow plowing crews regularly plow back snow banks to widen the streets and allow traffic to operate in a safe manner. Some of the forts are so well concealed that the snow plow operator may not be able to see a child playing in one of these forts when he plows back the snow banks. We request you have your children construct their snow forts away from the street and prevent a possible tragic accident.

The officers have been paying more attention to the parking lot and the vehicles that over stay the 48 parking time limit. Efforts are going to be made to free up more spaces that are currently being occupied by unregistered vehicles.

One unfortunate event happened during this past month. After receiving several phone calls about a sick looking skunk wandering about the Trefethren and Pleasant Avenue area, Officer Rose and I responded. We discussed the possibility of capturing the animal, as is our first priority in all injured animal cases, but the skunk appeared to be too injured and suffering to effect a safe rescue. During the initial evaluation of the skunk, Officer "Dancing" Dan Rose, displaying those Tap lessons he learned in his youth, narrowly evaded a skunk's natural defensive spray. The skunk was eventually put down and removed by Public Works. The skunk did not display signs that we associate with rabies.

One of our most frequent calls this winter season has been for barking dogs during the middle of the night. If you do not want to upset your neighbors, be a responsible pet owner and bring your dog inside.

John Clement

CERT Teams Continue Training & Recruit New Members

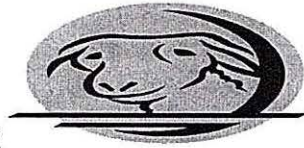
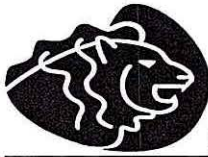
Join with your Peaks Island neighbors for CERT training to be a member of our Community Emergency Response Teams. The Portland Fire Department is teaching Islanders how to work together to augment their efforts in case of an emergency.

Our March training sessions will be from 6:30 to 9:30 PM on Thursdays, March 3 and March 17, 2005, in the Community Center. We will review information from past sessions to enable newcomers to catch up and then continue to learn more about CERT programs and how we can help.

We're forming CERTs on Peaks Island and want you with us!
Let's learn how to help our neighbors and ourselves!

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*****A Residential Site Coordinator (manager) is needed for the Senior Housing complex. It is a part-time position with a two-bedroom apartment and overhead as compensation. If interested, call Julia Wilcock at 373-1140 for more information.

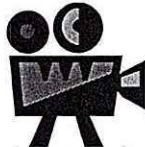


March at the Peaks Island Branch Library
in the Community Building 766-5540 www.portlandlibrary.com
Hours Open: Tues 2-8 Wed 10-4 Fri 10-2 Sat 8-12

The **Book Discussion Group** has chosen their reading for the rest of the year. They meet at 7 PM on the first Tuesday of the month and anyone is welcome for any meeting. They will discuss the following: April 5, *The Curious Incident of the Dog in the Night* by Mark Haddon; for May 3, there are 2 books, *Understanding Comics* by Scott McLeod and *Maus* by Art Spiegelman OR any comic or graphic novel of your choice; and June 7, *My Antonia* by Willa Cather.

For Children

All parents and caregivers of infants and toddlers are welcome for Nursery Rhyme Time on Wednesdays and Fridays at 11. We do nursery rhymes, songs, and finger plays. It lasts about 15 minutes and is easy-going and fun. On Fridays at 10:15 all preschool children are welcome at Story Time, during which we read books and do a few songs and rhymes. That lasts about a half hour.



Saturday Night Movies in March

All movies are free and shown in the Community Room. Children should be accompanied by an adult.

March	6 PM	March	8 PM
5	<i>The Little Twins, Tales of Enchantment</i> 60 min and <i>Rikky-Tikki-Tavi</i> 30 min	5	<i>As Good As It Gets</i> (1997) PG-13 130 min
12	<i>Waking Ned Divine</i> (1999) PG 91 min	12	<i>An American in Paris</i> (1951) 113 min
19	<i>Mulan II</i> (2004) G 79 min	19	<i>Insomnia</i> (2002) R 116 min
26	<i>Princess Diaries II</i> (2004) G 115 min	26	<i>The Insider</i> (1999) R 157 min

Welcome and many thanks to the two new projectionists: Michael Sylvester and Mary Lou Wendell.

2004 Tax Forms are available at the library.

NEW BOOKS

The library receives at least 30 new adult books every month and we can request books for you from other branches and other libraries. Following are just a few new titles.

Christina Bartolomeo	<i>Snowed In</i> , Novel, Set in Portland, Maine	<u>Non-fiction titles:</u> <i>Delivered from Distraction, Getting the Most Out of Life With Attention Deficit Disorder;</i> <i>Peace Is The Way</i> by Deepak Chopra <i>Echoes of Glory</i> , Time-Life set on the Civil War, 3 vol <i>How to Publish Your Children's Book</i> by Liza Burby <i>Smithsonian Book of Comic-Book Comics</i> <i>Why Do They Act That Way?</i> Guide to adolescent brain
Jill McGown	<i>Unlucky for Some</i> , Mystery, Bingo winner loses her life	
James Patterson	<i>Honeymoon</i> , thriller, honeymoon over, murders begin.	
Stella Rimington	<i>At Risk</i> , Author is former head of Britain's M15	

MARCH ACTIVITIES on PEAKS ISLAND
Sponsored by Portland Parks and Recreation

To reserve the Community Room, you must contact Denise (766-2970) at least two days in advance. Written requests must be filled out before the room can be scheduled. Please plan ahead as Denise works just part-time (Mondays, Thursdays, and Fridays). Denise's schedule is on her bulletin board.

**** ISLAND HAPPENINGS - OPEN TO ALL ****

"MARCH INTO MAY"

This 10-week program is open to EVERYONE – it doesn't matter your age or level of ability. This program, designed to encourage physical activity, can be done individually or as a team. A kick-off celebration will be held on Monday, March 14. Please check bulletin boards for updates. FMI or to volunteer to help with special programs, please leave a message for Denise at 766-2970. Registration forms available on the bulletin board outside of the Community Room. All you have to do is:

- 1) Sign up (children need parental signature) 2) Set your own goal 3) Get moving!

ETHNIC TRADITIONS (Part 1): ST. PATRICK'S DAY

Everyone is Irish on St. Paddy's Day. Come celebrate the "wearin' of the green"

Thursday, March 17

10:45 am – Meet at Peaks Café for coffee and more

Pre-register for the Café by Wed., 3/16

1:00 pm – Meet at the Com. Center for an Irish Sing-a-Long

ETHNIC TRADITIONS (Part 2): GREEK INDEPENDENCE DAY

Celebrate a Greek holiday – complete with the meaning of the day, slides of Greece, adventures, music and dancing

Thursday, March 24

1:00 pm at the Community Center

FREE MOVIE on PEAKS ISLAND: Denise's Choice - Comedy

Please check Denise's bulletin board for title. It's time for a laugh or two!

Thursday, March 31

1:00 pm at the Community Center

LOW-CALORIE GET-TOGETHER and BINGO GAME

Come join in the fun, especially if you want to work on your diet!

Snacks as well as prizes for the Bingo game will all be low-cal!

Friday, April 1

1:00 pm at the Community Center

FREE LOW IMPACT EXERCISE PROGRAM - OPEN TO ALL ADULTS!

Monday and Thursday mornings

9:30 – 10:30 am in the Community Room

This on-going program includes stretching, weights (provided), low impact aerobics and relaxation exercises. Emphasis is on doing what is comfortable for you. Space is limited; please call Denise at 766-2970 for availability.

**** OFF-ISLAND TRIPS: OPEN TO ALL ADULTS ****

Pre-registration required. Sign-up sheets are on Denise's bulletin board in the Community Center. Phone registrations begin on March 7 (leave message at 766-2970). Each trip has a small transportation fee. Minimum for each off-island trip is 8. Programs canceled due to inclement weather will not be rescheduled in this month.

CELEBRATE SPRING (Part 1): PORTLAND FLOWER SHOW

This year's theme is "The Place I Call Home" – and the show is returning to a former home, the Portland Company Complex

Friday, March 11

11:15 am boat/3:15 pm return (times subject to change)

Cost: \$12

Deadline to register and pay is Thursday, March 10

CELEBRATE SPRING (Part 2): SHOPPING at TREE DOLLAR STORE & SAVE A LOT (Union Plaza)

Monday, March 21

12:45 pm boat/no later than 4:30 pm return

CREATIVE RESOURCE CENTER: HANDS-ON ART PROJECT

Let your creative juices flow as we have fun working on a "surprise" project

Thursday, April 7

12:45 pm boat/ no later than 4:30 pm return

Cost: \$5 (materials & instruction)

Deadline to register and pay is Friday, April 1

ADULT BASKETBALL CONTINUES AT THE PI SCHOOL GYM: TUESDAYS FROM 6:30 – 8:20 pm
TEEN OPEN GYM: PLEASE CHECK WITH JON CALL OR LEAVE MESSAGE AT 766-2970 FOR DATES